

# The Portland Resource

Aging and Disability  
Resource Center of  
Fond du Lac County

Spring  
2015



Happy Spring!!

We hope you enjoy the Spring Edition of The Portland Resource. As always, you can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center, Senior Services (city/county building) or at the ADRC.

**Any feedback or questions, please contact Linda at (920) 929-3429.**

**April 12<sup>th</sup>-18<sup>th</sup> is National Volunteer week!**

*Contact Us*

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The Aging & Disability  
Resource Center of  
Fond du Lac County is  
located at

**50 N. Portland  
Street  
Fond du Lac, WI  
54935**

Office Hours:  
Monday-Friday  
8:00 am- 4:30 pm  
(920) 929-3466  
[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)

**Walk-Ins  
Welcome!**

## Changes Coming to FoodShare Beneficiaries

DHS's FoodShare **Able Bodied Adults without Dependents (ABAWD)** new policy will be implemented statewide on April 1, 2015. As a reminder, persons between the ages of 18 through 49 who do not meet the ABAWD requirements and do not meet an **exemption (pregnancy, disability, children in the home, etc.)** are eligible only for **3 months of FoodShare benefits within a 36 month period** (with a couple of exceptions). See handbook for more information (link below).

### New Policy Provisions

1. ABAWD rules will be applied only at application or renewal.
2. New rules regarding FoodShare benefits from another state counting toward the 36 months period. See FoodShare handbook (<http://www.emhandbooks.wisconsin.gov/fsh/fsh.htm>) for more information as it is released
3. To meet the work requirement, non-exempt ABAWDs must either work or participate in the FoodShare Employment Training (FSET) Program at least 20 hours a week.
4. Individuals who are not currently receiving FoodShare, for example because they exhausted their 3 months of benefits, cannot participate in FSET. Because FSET will only be available to current FoodShare recipients, people must meet either work or participate in a different allowable work training program a minimum of 80 hours in the 30 day period before regaining FoodShare eligibility.

\*Information derived from Disability Rights Wisconsin release January 2015. See <http://www.disabilityrightswi.org/> \*

**The Elder Benefit Specialist Julie Hilbert will be holding "When I'm 65" Presentations. See dates below.**

- **March 25<sup>th</sup> - 1:30 p.m. at the FDL Senior Center, 151 N. 1<sup>st</sup> Street Fond du Lac**
- **April 20<sup>th</sup> - 1:00 p.m. at the FDL Public Library 32 Sheboygan Street Fond du Lac WI during Money Smart Week.**



**Introductory education program**  
For individuals concerned about or caring  
for persons with memory loss.

## Memory Loss, Dementia, and Alzheimer's disease – The Basics

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

### Location:

Aging & Disability Resource Center  
Lower Level, Conference Room A  
50 N. Portland Street  
Fond du Lac

### Presented by:

Ginny Nyhuis  
Regional Services Manager  
Alzheimer's Association  
Southeastern Wisconsin Chapter

### Date/Time:

Thursday, March 26, 2015  
2:00 - 3:30 p.m.

### To Register:

Call Ginny Nyhuis  
920.838.1311  
Email: [gnyhuis@alz.org](mailto:gnyhuis@alz.org)

**alzheimer's  association®**

Southeastern Wisconsin Chapter  
620 S. 76th Street, Suite 160  
Milwaukee, WI 53214

414.479.8800 | Phone  
800.272.3900 | 24/7 Helpline  
[www.alz.org/sewi](http://www.alz.org/sewi)  
Hablamos Español, 414.431.8811



## Silver Alerts In Wisconsin

Similar to an Amber Alert, Silver Alerts notify the public that an adult with Alzheimer's, dementia, or other permanent cognitive impairment is missing. The alerts are sent out by email, text message, or fax through the Wisconsin Crime Alert Network.

**Silver Alerts will be issued when the following criteria are met:**

- **The missing person is 60 years of age or older**
- **The missing person is believed to have Alzheimer's, dementia, or another permanent cognitive impairment that poses a threat to the individual's health and safety**
- **There is reasonable belief that the missing person's disappearance is due to the individual's impaired cognitive condition**
- **The Silver Alert request is made within 72 hours of the individual's disappearance**
- **There is sufficient information available to disseminate to the public that could assist in locating the missing person**

**As Alzheimer's and dementia are not limited to those 60 and older**, where individuals are missing and at risk but do not meet the criteria for a Silver Alert, the Wisconsin Crime Alert Network (WCAN) can also be utilized to send out a Missing/Endangered alert. Anyone may subscribe to the Wisconsin Crime Alert Network to receive alerts.

**Sign up at**

**<http://www.wisconsincrimealert.gov/silveralert.html>**

\*Information taken from <http://www.wisconsincrimealert.gov/silveralert.html>

## 2015 Rent Smart Classes!

Rent Smart provides practical education to help people looking for rental housing to acquire and keep decent housing. To Register call (920) 929-3174. See

<http://fonddulac.uwex.edu/2015-rent-smart-schedule-now-available/> for more information!

## 2015 Rent Smart

*A Tenant Training  
Program*



Developed through

**UW**  
**Extension**  
University of Wisconsin-Extension

### Fond du Lac County\*

**Call (920) 929-3174 to register**

**January 20 & 22 (Tuesday & Thursday)**  
9:30AM-12:30PM  
Fond du Lac Public Library—Mid States Room

**February 24 & 26 (Tuesday & Thursday)**  
1:00PM-4:00PM  
Fond du Lac Public Library—Mid States Room

**April 7 & 9 (Tuesday & Thursday)**  
9:30AM-12:30PM  
Fond du Lac Public Library—Mid States Room

**May 26 & 28 (Tuesday & Thursday)**  
1:00AM-4:00PM  
Fond du Lac Public Library —Mid States Room

**July 21 & 23 (Tuesday & Thursday)**  
5:30 PM-8:30 PM  
City-County Government Center

**September 22 & 24 (Tuesday & Thursday)**  
5:30 PM-8:30 PM  
City-County Government Center

**October 20 & 22 (Tuesday & Thursday)**  
1:00-4:00PM  
Fond du Lac Public Library—Mid States Room

**December 8 & 10 (Tuesday & Thursday)**  
9:30AM-12:30PM  
Fond du Lac Public Library

### Locations

Fond du Lac Public Library  
**Mid States Room**  
32 Sheboygan St.  
Fond du Lac, WI

City-County Government Center F&G  
160 S. Macy Street  
Fond du Lac, WI

\*Attendance at both Rent Smart sessions is required to receive the Certificate of Completion.

## **Press Release from the Fond du Lac Area Foundation**

### **Carol Jane Graham Memorial Fund established at the Fond du Lac Area Foundation**

The Carol Jane Graham Memorial Fund was established at the Fond du Lac Area Foundation by Paul M. Graham in memory of his first wife, Carol Jane Graham. **The purpose of this fund is to provide financial assistance for enhancing the lives of developmentally disabled individuals.** "Recreation is an important part of life for all of us that often gets overlooked by funding organizations. It is my hope that through this fund we can help developmental disabled individuals in our community enjoy what many of us take for granted" says Paul Graham. The intention of this fund to provide supplemental resources only when there is no other available money; public or private, to those truly in need of assistance. The Carol Jane Graham Memorial Fund may favor requests for: Activity fees and/or transportation to events such as but not limited to community enrichment programs provided by the Arc of Fond du Lac, Cerebral Palsy of Mideast WI summer camp, Bethesda Summer Camp, Fishing has no Boundaries or Free Spirit Riders. The Fund will also support individual services when no money from agencies is available for such things as: transportation, basic resources such as clothing and camp attendance fees. The fund is not intended to help with medical costs or therapies. The fund will support individual needs and is not for support of the agencies themselves. Grants from this fund will be available to support individual needs only after all other existing resources have been exhausted.

**To receive an application for the Carol Jane Graham Memorial Fund, contact the Fond du Lac Area Foundation at [info@fdlareafoundation.com](mailto:info@fdlareafoundation.com) or call 921-2215. Applications must be submitted by an agency on behalf of the individual.**

### **\*\* 2015 Stepping-On Dates Released! \*\***

"Stepping On" is free Falls Prevention classes.  
The classes run for 2 hours a week for 7 weeks.  
See below for the dates and call the  
ADRC (920) 929-3466 with questions or to register!

**April 22-June 23** (Wednesday) – 9 am-11 am – Aurora Health Care Fond du Lac

**June 11- July 30** (Thursday) 9 am-11 am – Russell Manor – Ripon

**July 29-September 9** (Wednesday) – 1 pm-3 pm – ADRC Fond du Lac

**September 15 –October 27** (Tuesday) –9 am -11 am - Rosendale Community Center

**October 7-November 18** (Wednesday) 9 am-11 am –N. Fond du Lac Community Center





## Prevent “Early Inheritance”

Financial exploitation of older adults continues to rise with the poor economy and increasing aging population. **In Wisconsin, financial exploitation is statistically the second most common type of elder abuse.** While many older adults are scammed by strangers, financial abuse is most frequently committed by a son, daughter, or close family member or friend. This type of financial abuse can often be considered “early inheritance” – also known as theft.

### **Early Inheritance has three main components:**

1. Friends and family take an older adult’s personal belongings, property, and assets
2. The older adult is still alive to use or benefit in some way from what is taken
3. Friends and family “justify” their illegal activity by insisting that they will inherit the item someday anyway or the older adult isn’t using it, so someone should

### **Tools to Prevent “Early Inheritance”**

- Communicate your wants and needs. Mistaken beliefs, even made with the best of intentions, don’t excuse illegal actions.
- Avoid joint accounts as a method of planning for incapacity.
- Execute a financial power of attorney document, but only if you can appoint an agent you trust.
- Beware of gifting clauses in financial power of attorney documents.
- Beware of personal family maintenance provisions in financial power of attorney documents.
- Include a provision in your financial power of attorney document requiring your agent to file monthly, quarterly, or bi-annual reports of all financial activity with someone who will review the reports for anything unusual.
- Consider consulting an attorney to create a comprehensive estate plan to help save your assets and plan for aging and long term care.
- Don’t take advice from Joe Shmoe at the grocery store on how to save your house from the nursing home! Medicaid and public benefits planning is very complex, and what worked for Joe, may *not* work for you.
- Consider incorporating a list of tangible personal property into your will (with the assistance of your attorney). Designate *who* you want to receive what belongings and *when*: for example, you could specify that all property distributions on that list are to take place after your death (NOT before) or upon some other event of your choosing.
- Do background checks of caregivers. Look up the person’s name on CCAP, the Wisconsin Caregiver Misconduct Registry, and be sure to request a copy of the caregiver’s background check from the agency providing the caregiver.

**\*\*Contact the ADRC at (920) 929-3466 if you or someone you know is a possible victim of financial exploitation\*\***

Information derived from CWAG

<http://cwagwisconsin.org/wp-content/uploads/2010/12/Early-Inheritance-EFEP-Handout.pdf>

# Ideas for Adding Safety to Your Home

(Article #3 in a series of 4)

Written by Linda Berg



If you have decided to remain in the home you are now living in, safety devices could be added one at a time, as a “pay-as-you-go” upgrade of your home. Let’s begin by looking at additions to the bathroom. Grab bars don’t have to be institutional-looking and can actually be an attractive addition to bathrooms and hallways. One important thing to remember – please don’t use your towel rack as a grab bar. Towel racks aren’t meant to bear the weight of a person and easily come out of the wall if leaned upon. Towel rack/grab bar combinations can be purchased, make sure that the package you are purchasing is marked as a grab-bar. Textured grab bars provide better grip for those with weaker gripping strength. Grab bars need to be properly installed into the wooden studs of the wall, you may want to hire a professional for this job.

For those who are renting an apartment and cannot install items into walls, there are grab-bars that attach to a bathtub and are guaranteed not to scratch the tub.



← Removable grab-bar secured to the bathtub.

Stylish toilet-tissue/grab bar combination →

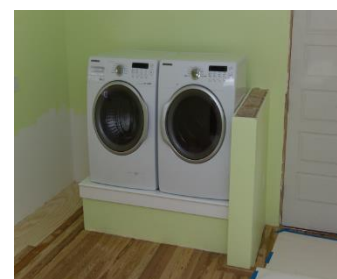


If you are building a new home to retire in, consider building a large closet in the same place on each floor, including the basement. If a home elevator is needed in the future, there will already be room for the elevator shaft on each floor where the closets presently are.



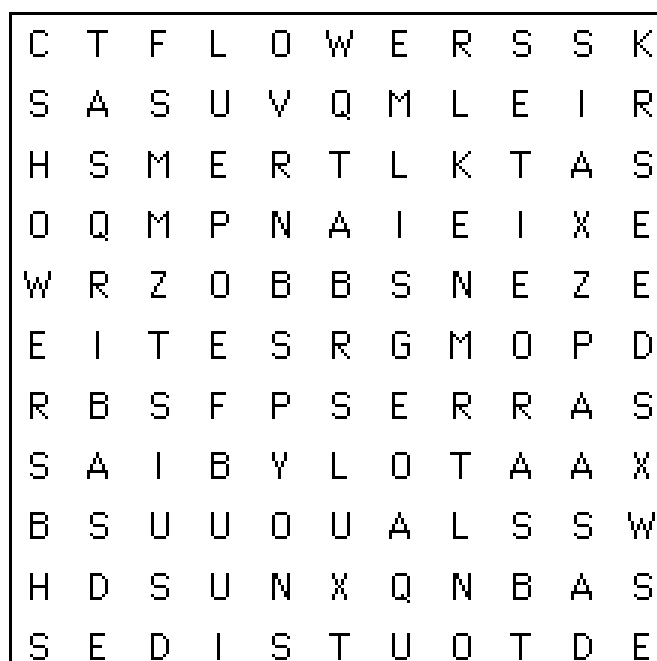
As people age, they often lose hand strength or arthritis makes gripping a door handle painful. Installing door levers such as this one can be done over a period of time, and eliminates the need for hand strength or using the gripping and turning motion needed for round door knobs.

Dishwashers, washing machines and dryers all become more accessible when the appliances are raised up on some type of stand. Stands may be built from scratch so that the space where the appliance will go can be customized, or pedestals can be purchased.





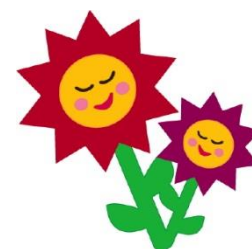
## Spring



BASEBALL  
BIKES  
BLOSSOMS  
BUDS  
CAMP  
EASTER

FISH  
FLOWERS  
GRASS  
KITES  
NEST  
OUTSIDE

PLANT  
RAIN  
SEEDS  
SHOWERS  
SUN  
WARM



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<http://www.thepotters.com/puzzles.html>



## Money Smart Week 2015 is April 18-25.

In coordination with the Federal Reserve Bank of Chicago, Money Smart Week in Fond du Lac offers a series of classes and activities designed to help consumers better manage their personal finances. See the UW-Extension website for more information as it is released.

<http://fonddulac.uwex.edu/>



50 North Portland Street  
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Linda Berg at 920-929-3429, TTY: Use Relay (711), or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**If you would like to request to be on the mailing list  
for our newsletter please call  
(920) 929-3466, TTY: Use Relay, or email  
[adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).**

**Please watch for our Summer Edition of The  
Portland Resource in June 2015!!**